

***Have you been hit by someone you love?***

***Has someone you know been raped?***

***Are you or someone you know a victim  
of domestic or sexual assault?***



# HELP IS AVAILABLE.

A First Step Victim Advocate is available to assist you in the community of:

All services are free and confidential. Interpreter services are available.

## FIRST STEP SERVICES INCLUDE:

- Advocacy and Assistance
- Safety Planning
- Information/Referrals
- PPO Support
- Adult Counseling and Support Groups
- Children's Counseling
- Emergency Shelter

## YOU ARE NOT ALONE.



**24-HOUR HELPLINE**  
**Toll Free 1.888.453.5900**  
**[www.firststep-mi.org](http://www.firststep-mi.org)**